

October 2018

Anne Gordon Center for Active Adults 919-996-4720



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:30a-4:00p SHIIP Counseling by Appointment only *</p> <p>10a-11:30a Amazon Alexa1 \$</p> <p>1:00p-4:00p Quilting Inter \$</p> <p>1:30p-2:30p Noggin Joggin *</p>	<p>2</p> <p>9:15a-12:15p Watercolor through history \$</p>	<p>3</p> <p>10a-12:00p iPad Basics3 \$</p> <p>2:00p-4:30p Wed Movie *</p> <p>The Miracle Season - PG</p> <p>3:00p-4:30p Gimp Photo 1 \$</p>	<p>4</p> <p>10:00a-12:00p Miniatures Guild \$</p> <p>11:00a-12:30p Path to Peace *</p> <p>1:00p-2:00p Move Well at Home *</p>	<p>5</p>
<p>8</p> <p>9:30a-4:00p SHIIP Counseling by Appointment only *</p> <p>10a-11:30a Amazon Alexa1 \$</p> <p>1:00p-4:00p Quilting Inter \$</p>	<p>9</p> <p>9:15a-12:15p Watercolor through history \$</p>	<p>10</p> <p>10a-3:45p Adult Trip Pittsb \$</p> <p>10a-11:30a Comp Basics3 \$</p> <p>2:00p-4:30p Wed Movie *</p> <p>Sweet Country - R</p> <p>3:00p-4:30p Gimp Photo1 \$</p>	<p>11</p> <p>10a-12p Card Making \$</p> <p>11:00a-12:30p Path to Peace *</p> <p>2p-3p The Up-Side of Downsizing *</p>	<p>12</p>
<p>15</p> <p>10a-11:30a Apple Laptop1 \$</p> <p>9:30a-4:00p SHIIP Counseling by Appointment only *</p> <p>1:00p-4:00p Quilting Inter \$</p> <p>1:30p-2:30p Noggin Joggin *</p>	<p>16</p> <p>9:15a-12:15p Watercolor through history \$</p>	<p>17</p> <p>10a-11:30a Comp Basics3 \$</p> <p>2:00p-4:30p Wed Movie *</p> <p>Adrift- PG-13</p> <p>3:00p-5:00p iCloud Basics \$</p>	<p>18</p> <p>10:00a-12:00p Miniatures Guild \$</p> <p>11a-12:30p Path to Peace *</p>	<p>19</p>
<p>22</p> <p>9:30a-4:00p SHIIP Counseling by Appointment only *</p> <p>10a-11:30a Apple Laptop1 \$</p> <p>1:00p-3:00 Read & Go *</p> <p>What The Dog Knows</p>	<p>23</p> <p>9:15a-12:15p Watercolor Through History \$</p>	<p>24</p> <p>10a-11:30a Gimp Photo2 \$</p> <p>2:00p-4:30p Wed. Matinee *</p> <p>The Scent of Rain.. - PG-13</p> <p>3:00p-5:00p SIRI Intro \$</p>	<p>25</p> <p>11a-12:30p Path to Peace *</p> <p>11:15a-12:15p Learn to Line Dance \$</p> <p>3:00p-4:00p Reverse Mortgages *</p>	<p>26</p>
<p>29</p> <p>9:30a-4:00p SHIIP Counselling by Appointment only *</p> <p>10a-11:30a Apple Laptop2 \$</p> <p>1p-3:30p Read and Watch *</p> <p>The Mountain Between..</p>	<p>30</p> <p>9:15a-12:15p Landscape Into Art \$</p>	<p>31</p> <p>10a-11:30a Gimp Photo2 \$</p> <p>2:00p-4:30p Wed. Matinee *</p> <p>Black Panther - PG-13</p> <p>3p-4:30p Comp Basics 1 \$</p>		

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:15-10:15 Chair Yoga \$	9:15 -10:00 AIM Fitness \$	9:30-1:00 55+ Club Cards \$	9:15-10:00 AIM Fitness \$	9:00-12:00 Men's Friday Morning *
10:30-11:30 Gentle Yoga \$	9:15-10:00 Zumba Gold \$	1:00-3:00 Open Play Cards and Mah Jongg *	9:15-10:15 Gentle Yoga \$	9:15-10:00 Zumba Gold \$
11:45-12:45 Dance Xross Fitness \$	10:15-11:00 AIM Fitness Intermediate \$	2:00-4:30 Wednesday Matinee* (over for movie titles)	10:15-11:00 AIM Fitness Intermediate \$	9:30-12:00 Bingo \$
1:00 -1:45 T'ai Chi Chair Beginners \$	10:30-11:15 Qi Gong \$	3:30-4:30 Gentle Yoga \$	10:30-11:15 Chair Yoga \$	10:30-11:15 Qi Gong \$
2:00-2:45 Tai Chi Intermediate \$	11:30-12:30 Shibashi \$		11:30-12:15 Chair Yoga \$	11:30-12:15 Qi Gong for Joint Health \$
3:00-3:45 Tai Chi Adv. \$	12:15p-1:15p Gentle Yoga \$		12:30-1:15 Tai Chi Adv. Sun Style Part 2 \$	12:30-4:00 Open Play Cards and Mah Jongg *
4:00-5:30 Line Dance Open Studio *	12:30-3:00 Open Play Cards and Mah Jongg*		1:00-1:45 Zumba Gold \$	1:00-2:00 Line Dance Beginner/Improver *
	1:00-1:45 Zumba Gold Chair \$		1:30-2:15 Tai Chi Beginners \$	2:15 - 3:15 Line Dance Introduction *
	2:00-2:45 Ageless Grace \$		2:00-4:00 Knitting and Cro- cheting \$	
	2:00-4:00 Knitting and Cro- cheting \$		2:30-3:15 Tai Chi Adv Sun Style Part 1 \$	
	4:00-5:30 Line Dance Open Studio *			

The center is open Monday-Friday 9:00am-6:00pm

Programs on this side meet every week.

Programs on the other side are just on those specific dates.

*** = Free Program**

\$ = Registration Fee

Don't Wait - Register Early! Programs and classes that do not meet the minimum number of registrants may be cancelled, and **several classes fill up!** Registering early secures your spot and allows us time to plan appropriately to reduce cancellations.